[0055] I Claim:

Claim 1: A shim, comprising a wave-shaped body formed with a slot dividing a portion of said body at an end thereof into a pair of wave-shaped extending arms.

Claim 2: The shim according to in claim 1, which further comprises a tab attached to said body at a side opposite said wave-shaped extending arms.

Claim 3: The shim according to claim 2, wherein said tab is attached to said body via an area of reduced body material at a junction point between said tab and said body.

Claim 4: The shim according to claim 2, wherein said tab has an edge, a first surface perpendicular to said edge, and a second surface opposite said first surface, said tab defining at least one groove extending from said edge of said tab in a direction toward a center region of said tab, and said groove being a complete void of material from said first surface to said second surface.

Claim 5: The shim according to claim 2, wherein said tab has a first surface and a second surface opposite said first surface, and said tab defines at least one through-hole running from said first surface to said second surface.

Claim 6: The shim according to claim 1, wherein at least one area of reduced body material exists at corresponding locations along each of said wave-shaped extending arms.

Claim 7: The shim according to claim 1, wherein said body is comprised of a single piece of material.

Claim 8: The shim according to claim 1, wherein at least one of said extending arms has an edge, a first surface perpendicular to said edge, and a second surface opposite said first surface, said at least one extending arm having at least one groove formed therein extending from said edge of said extending arm in a direction toward a center region of said extending arm, and said groove comprising a complete void of material from said first surface to said second surface.

Claim 9: The shim according to claim 1, wherein at least one of said extending arms has a first surface and a second surface opposite said first surface, and said extending arm is formed with at least one through-hole running from said first surface to said second surface.

Claim 10: A shim assembly comprising a plurality of waveshaped bodies formed with a slot dividing a portion of each of said bodies at an end thereof into pairs of wave-shaped extending arms, with each of said wave-shaped bodies being removably attached to at least one other one of said wave-shaped body.

Claim 11: The shim assembly according to claim 10, which further comprises a tab attached to each of said bodies at a side opposite said wave-shaped extending arms.

Claim 12: The shim assembly according to claim 11, wherein said tab is attached to said body via an area of reduced body material on each said body at a junction point between each said tab and each said body.

Claim 13: The shim assembly according to claim 11, wherein each of said tabs has an edge, a first surface perpendicular to said edge, and a second surface opposite said first surface, with each said tab defining at least one groove extending from said edge of said tab in a direction toward a center region of said tab, and said groove being a complete void of material from said first surface to said second surface.

Claim 14: The shim assembly according to claim 11, wherein each of said tabs has a first surface and a second surface opposite said first surface, and said tab defines at least

one through-hole running from said first surface to said second surface.

Claim 15: The shim assembly according to claim 10, wherein at least one area of reduced body material exists at corresponding locations along each of said wave-shaped extending arms.

Claim 16: The shim assembly according to claim 10, wherein at least one of said extending arms of each body has an edge, a first surface perpendicular to said edge, and a second surface opposite said first surface, with said extending arm defining at least one groove extending from said edge of said extending arm in a direction toward a center region of said extending arm, and said groove comprising a complete void of material from said first surface to said second surface.

Claim 17: The shim assembly according to claim 10, wherein at least one of said extending arms of each body has a first surface and a second surface opposite said first surface, and said extending arm defines at least one through-hole running from said first surface to said second surface.

Claim 18: A method for shimming an element, which comprises the following steps:

inserting at least one shim into a gap between, and defined by, two elements, the shim including:

a wave-shaped body formed with a slot dividing a portion of the body at an end thereof into a pair of wave-shaped extending arms.

Claim 19: The method according to claim 18, which further comprises:

fully inserting the shim between the two elements by utilizing a tab attached to the shim; and subsequently separating the tab from the shim.

Claim 20: The method according to claim 18, which further comprises removing a portion of the wave-shaped extending arms that extend from the gap between the two elements after the shim has been inserted.

Claim 21: A method for aligning at least two elements, which comprises the following steps:

inserting at least one shim into each of at least two different gaps defined by, at least two sets of elements, the shim including:

a wave-shaped body with a slot dividing a portion of the body at an end thereof into a pair of wave-shaped extending arms, and a tab attached to the

body at a side opposite the wave-shaped extending arms, the tab having an edge, a first surface perpendicular to the edge, and a second surface opposite the first surface, the tab defining at least one groove extending from the edge of the tab in a direction toward a center region of the tab, and the groove comprising a complete void of material from the first surface to the second surface;

connecting a guide-line from the groove in the first shim to the corresponding groove in the at least one other shim; and

moving at least one of the elements to achieve alignment between the elements.

Claim 22: A method for aligning at least two elements, which comprises the following steps:

inserting at least one shim into each of at least two different gaps defined by, at least two sets of elements, the shim including:

a wave-shaped body with a slot dividing a portion of the body at an end thereof into a pair of wave-shaped extending arms, and a tab attached to the body at a side opposite the wave-shaped extending arms, with the tab having a first surface and a

second surface opposite said first surface, and the tab defining at least one through-hole running from the first surface to the second surface;

threading a guide-line through the hole in the tab of the first shim to the corresponding hole in the tab of the at least one other shim; and

moving at least one of the elements to achieve alignment between the elements.

Claim 23: A method for aligning at least two elements, which comprises the following steps:

inserting at least one shim into each of at least two different gaps defined by, at least two sets of elements, the shim including:

a wave-shaped body with a slot dividing a portion of the body at an end thereof into a pair of wave-shaped extending arms having an edge, a first surface perpendicular to the edge, and a second surface opposite the first surface, with at least one of the extending arms having at least one groove formed therein extending from the edge of the extending arm in a direction toward a center region of the extending arm, and the groove comprising a complete void of material from the first surface to the second surface;

connecting a guide-line from the groove in the at least one extending arm of the first shim to the corresponding groove in the at least one extending arm of the at least one other shim; and

moving at least one of the elements to achieve alignment between the elements.

Claim 24: A method for aligning at least two elements, which comprises the following steps:

inserting at least one shim into each of at least two different gaps defined by, at least two sets of elements, the shim including:

a wave-shaped body with a slot dividing a portion of the body at an end thereof into a pair of wave-shaped extending arms having a first surface and a second surface opposite said first surface, and at least one of the extending arms defining at least one through-hole running from the first surface to the second surface;

threading a guide-line through the hole in the at least one extending arm of the first shim to the corresponding hole in the extending arm of the at least one other shim; and

moving at least one of the elements to achieve alignment between the elements.